



Bowling

Upper Body, Lower Body, Back Injuries, Behavioral Health, PTSD and Traumatic Brain Injuries. Your Adaptive Reconditioning Team will screen each Soldier for participation in Bowling.

Event resourced-

MWR Bowling Alley, there may be a cost associated with the use of the Bowling Alley. Your Adaptive Reconditioning Team will coordinate with the MWR.

Adaptive Recondition Team Member and NCO

Equipment needed- Bowling Balls (with and without holes), bumpers, ramps and bowling shoes to be provided by the bowling alley

Soldier brings- appropriate attire and water bottle

Environmental factors- none

Organize this event at-

On-post: MWR

Off-post: Local bowling alley

*Costs may be associated

ABSOLUTE contraindications- recent post operative surgeries or injuries

Modifications- Using ramps for Soldiers who have upper body, lower body or back injuries. Scheduling the bowling alley for times when less people are there to decrease noise and stimulation for Soldiers. Alter the light/noise level to decrease stimulation. Your AR Team will assist each Soldier in modification.

Associated RISKS- strain/sprain – proper stretching and warm-up, work within limitations

Domains addressed- physical, emotional, spiritual, family, social, career